

# SHAKE A PUDDING

## Ingredients:

2 tablespoons instant pudding, any flavor  
1/2 cup fat free milk

## Directions:

In a small jar, like baby food jar, mix instant pudding and fat free milk.

Put the lid on the jar and shake for at least one minute or until thickened.

Serve in small bowls or eat from the jar.

Yields- 1 serving

## Nutrition Information

Calories	131	Fiber	0 grams
Protein	4 grams	Calcium	15%
Fat	0 grams		

*Source: AZ Nutrition Network*

